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CBC Newsletter

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For members of the Carolina Bird Club, Inc., ornithological society of the Carolinas

Volume 54

December 2008

Number 6

Williamston, North Carolina Hosts the Winter 2009 Meeting

Lena Gallitano

Make your plans now to join birders from across the Carolinas in Williamston, North Carolina for the 2009 winter CBC meeting scheduled for January 30th to February 1st. Many birders may only know of Williamston as the first major place east of Rocky Mount to stop for gasoline and sustenance while on the way to the Outer Banks, but for those who slow down and look, the "Inner Banks" of North Carolina's Coastal Plain offer excellent birding opportunities and a few surprises. One way to visit some of the area's offerings is to make use of the recently published North Carolina Birding Trail's "Coast" guide, and the winter meeting will do just that, visiting a number of Birding Trail locations.

Field trips to a variety of habitats should produce a pleasing list of wintering and resident passerines, waders, waterfowl, and raptors. Spectacular numbers of feeding and roosting waterfowl may be encountered on trips visiting Pocosin Lakes National Wildlife Refuge, and one of the largest aggregations of Bald Eagles in the Carolinas may await those on trips to the Vernon James Research Station. In addition to a variety of traditional birding field trips, the CBC is very excited to be able to offer trips to the fascinating Sylvan Heights Waterfowl Park & Eco-Center where visitors can take a tour of the world's waterfowl without leaving the Carolinas!

Headquarters for the meeting will be the Holiday Inn Williamston at 101 East Boulevard. Their telephone

number for reservations is 252-792-3184 (800-792-3101). The special CBC meeting rate is \$72.50 per night plus 13% tax double occupancy. This rate includes a full, hot buffet breakfast beginning at 6 a.m. Friday and 5:30 a.m. Saturday. These times ensure you'll have a chance to tuck in to a hearty breakfast before departing on the day's field trips. All rooms include microwave, fridge and coffee pot as well as hair dryers and irons.

While registering for the meeting, why not also make plans to join fellow Club members for the now-traditional group buffet dinner Saturday night? Featuring three entrees, salad, vegetables, and vegetarian options, the price of the meal will be \$20/person including tip and tax, and sign-up for the dinner may be done on the enclosed registration form. The Moratoc Restaurant at the Holiday Inn has been called the "best place to eat in Williamston", so join us for dinner to see if you agree.

Saturday night we are fortunate to have two North Carolina State University graduate students as our speakers. Neil Chartier has received a CBC grant to further his research on Swainson's Warbler breeding biology at the Roanoke River NWR, and Amelia Savage will report on her work with Swainson's Warbler diet and foraging habits as well as site fidelity and age demographics at the Woodbury Wildlife Management Area along the Great Pee Dee River in South Carolina.

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Williamston Field Trip Schedule

Limit for all field trips is **15** participants unless noted otherwise in the trip description.

Thursday, January 29

Bonus Trip BT1 – Howell Woods Environmental Learning Center – 9:30 AM (\$5 fee)

Bonus Trip BT2 – Pea Island & Alligator River National Wildlife Refuges – 8:00 AM (\$5 fee)

Friday, January 30

Morning Half-Day Trips

Trip 1 – Vernon James Research Station and beyond – 7:00 AM

Trip 2 – Windsor/Williamston Sampler - 7:15 AM

Trip 3 – Roanoke River National Wildlife Refuge – 7:30 AM

Trip 4 – Sylvan Heights Waterfowl Park & Eco-Center – 8:00 AM

Afternoon Half-Day Trips

Trip 5 – River Park North – 1:00 PM

Trip 6 – Edenton Sampler – 1:00 PM

Trip 7 – Roanoke River National Wildlife Refuge – 1:00 PM

Trip 8 – Historic Hope Plantation & Cashie River Center – 1:00 PM

All Day Trips

Trip 9 – Washington/Tyrrell County Sampler – 7:00 AM

Trip 10 – Beaufort & Martin County Sampler – 7:00 AM

Trip 11 – Pocosin Lakes NWR & Van Swamp Game Land – 7:45 AM

Trip 12 – Pocosin Lakes NWR & Rail Switch Nature Trail – 7:45 AM

Saturday, January 31

Morning Half-Day Trips

Trip 13 – River Park North – 7:30 AM

Trip 14 – Edenton Sampler – 7:00 AM

Trip 15 – Roanoke River National Wildlife Refuge – 7:30 AM

Trip 16 – Sylvan Heights Waterfowl Park & Eco-Center – 8:00 AM

Afternoon Half-Day Trips

Trip 17 – Windsor/Williamston Sampler – 1:00 PM

Trip 18 – Vernon James Research Station and beyond – 1:00 PM

Trip 19 – Stewart Parkway Riverwalk & Morningstar Nature Refuge – 1:00 PM

Trip 20 – Historic Hope Plantation & Cashie Wetlands Walk – 1:00 PM

All Day Trips

Trip 21 – Washington/Tyrrell County Sampler – 7:00 AM

Trip 22 – Beaufort & Martin County Sampler – 7:00 AM

Trip 23 – Pocosin Lakes NWR & Van Swamp Game Land – **6:00 AM**

Trip 24 – Pocosin Lakes NWR & Rail Switch Nature Trail - **6:00 AM**

Sunday, February 1

Bonus Trip BT3 – Lake Mattamuskeet National Wildlife Refuge – 7:00 AM (\$5 fee)

Spouse/Companion Trips

Friday, January 30

Morning Half-Day Trip

Trip A – Plymouth Museums and Lunch – 9:00 AM

Afternoon Half-Day Trip

Trip B – Edenton – 1:00 PM

All Day Trip

Trips A&B – Plymouth Museums and Lunch, continuing to Edenton – 9:00 AM

Saturday, January 31

All Day Trip

Trip C – Martin County Historic Sites – 9:30 AM

Unless noted otherwise, all trips leave from the Holiday Inn-Williamston. In order to conserve resources and reduce the number of vehicles “caravanning” to trip sites, carpooling is encouraged. Please notify your trip leader at departure time if you can carry passengers or if you desire to carpool with others. Please note that field trips may fill up, so be sure to include second choices on the registration form. Conversely, last minute openings may occur, and updated trip rosters will be available in the meeting room at the Holiday Inn.

Williamston Meeting Field Trip Descriptions

Trips 1, 18 - Vernon James Research Station and beyond

Although not a site on the NC Birding Trail, and with limited access because of restrictions for the research fields, we would be remiss in not offering this location for a field trip. The research plots often host wintering shorebirds and are worth scanning. All of the fields in the Research Station will be viewed from the public road through the area, so spotting scopes are recommended. Those reading Carolinabirds will know that the eastern edge of the Research Station is a magnet for Bald Eagles because of the catfish ponds. These privately owned ponds are quite appealing to eagles, and large numbers congregate in the area – a rare find in the Carolinas. Continuing east to Lake Phelps will provide an opportunity to check the fields and lake shore that almost always provide great birding. This trip will no doubt have birders talking about the eagles and other discoveries along the way. Note: The Research Station access restriction is to prevent the spread of tropical spiderwort. This plant is an exotic, invasive weed that has been found on the Station and active eradication programs are in place to prevent its spread.

Trips 2, 17 - Windsor/Williamston Sampler: Roanoke River NWR – The Kuralt Trail, Cashie Wetlands Walk, Roanoke-Cashie River Center

The Roanoke River arguably has the most pristine bottomland hardwood forest system left in the mid-Atlantic region of the United States, and the Kuralt Trail offers a first hand look. Expect to see and hear numerous woodpeckers while studying the ecology that makes this region so attractive to Neotropical migrants during the breeding season. The trail has numbered stops and a corresponding brochure as well as interpretive signs. Continuing on to the Cashie Wetlands Walk, birders will have an opportunity to explore a natural wetland environment as they walk the boardwalk through a cypress forest to the edge of the Cashie River. An observation deck along the boardwalk allows for views of wetland birds and other wildlife where Wood Duck, Barred Owl and woodpeckers are possible. The Roanoke-Cashie River Center has a small regional museum and open landscape where birders should check the skies for hawks and the possibility of a Bald Eagle. This trip will provide an excellent opportunity to learn about the region and the

strong influence of the Roanoke and Cashie Rivers. In the deep woods of the river systems, a surprise Neotropical winter holdover is not out of the question.

Trips 3, 7, 15 - Roanoke River NWR

With nearly 21,000 acres in five tracts along 70 miles of the Roanoke River, this is perhaps one of the most un-explored refuges in North Carolina. Stretching from Hamilton to the western Albemarle Sound, the refuge has 9,500 acres of bottomland hardwood forest and 8,000 acres of cypress/tupelo swamp. What better way to explore this region than by motor boat with an experienced member of the Refuge staff as guide? Year-round woodpecker residents are common in the Refuge and wintering waterfowl are sure to be seen along the river. The river corridor also hosts wintering Bald Eagles that are always a welcome sight in North Carolina. Birders on this trip will explore the ecology of the river, search for birds and enjoy the remote swamps and bottomlands that provide critical habitat for many of our breeding residents. Trip limit 10 participants. *Dress appropriately for a winter boat trip.*

Trips 4, 16 - Sylvan Heights Waterfowl Park & Eco-Center

Sylvan Heights Waterfowl Park maintains the world's largest collection of waterfowl, including many rare and endangered species. Dedicated to the conservation of the world's waterfowl, this eight acre avian breeding preserve in Scotland Neck is home to over 180 species of birds—more than half of the world's known species of ducks, geese and swans—along with cranes, pheasants, parrots and many other exotic birds. In 2006, the Eco-Center was opened in conjunction with the North Carolina Zoological Society on an adjacent 18-acre property and now provides trails, gardens and avian exhibits along with conservation-oriented programs for the public. Sylvan Heights staff will provide a guided tour where, with some imagination, birders will be able to transport themselves on birding trips around the globe. Maybe no “life list” birds, but certainly many lifetime views of rare and endangered birds from around the world will be seen on this trip. Trip limit 20 people. **Cost/person: \$7.50, payable with registration.**

(Continued on page 4)

Williamston Meeting Field Trip Descriptions (continued)

Trips 5, 13 - River Park North and other local favorites

This 324-acre park along the Tar River in Greenville consists of bottomland forest as well as fields, open areas and numerous small lakes. Trails through the park allow for open views of the lakes where a Bald Eagle might be seen overhead, while waterfowl, grebes and wading birds can be found in the lakes. The wooded areas, the cypress swamp forest and a power line right-of-way with early successional growth provide additional habitat types for exploration and discovery of wintering passerines. Continue to explore the region with a visit to the Voice of America site where, with luck and sharp eyes, a Henslow's Sparrow might be found foraging. Along the way, several locations hold the potential to see roadside sparrows, and the catfish ponds often provide other species of interest.

Trips 6, 14 - Edenton Sampler: National Fish Hatchery & Bennett's Millpond

Egrets, herons and cormorants alike know they can find a quick gourmet meal at the Edenton National Fish Hatchery. Many of the 36 ponds are drawn down in the winter, but there will be habitat to attract shorebirds, waders and wintering waterfowl. Scan the trees along the river for a possible Bald Eagle and perhaps an Osprey before continuing to the back of the hatchery to the short boardwalk that ends with a viewing platform on scenic Pembroke Creek. Before leaving, be sure to visit the small aquarium that has displays of local freshwater fish. Continuing on to Bennett's Millpond, walk the short trail along the edge of this small millpond for nice views of the Spanish moss-laden cypress trees and the pond itself. With considerable underwater vegetation, the shallow edges should be a great place for dabbling ducks. Watch for Hooded Merganser, other waterfowl and waders throughout the pond. The vegetation along the edges will no doubt also hold a few surprises.

Trips 8, 20 - Historic Hope Plantation & Cashie River Center

History and birding come together on this trip as birders will have the opportunity not only to visit the historic Hope Plantation house, but also to bird the grounds. With 18 acres of partially open habitat and

28 wooded acres that are accessible from two short trails, this less-birded site might produce a surprise or two. In addition, a visit to the Roanoke-Cashie River Center with its small regional museum will give participants an opportunity to learn about the natural history of the area. Together these sites provide a great opportunity to spend a leisurely afternoon learning about the rich historical and natural heritage of the region while providing an opportunity to bird along the way. **If participants choose to tour the houses, the \$8.00 entrance fee is payable at the site.**

Trips 9, 21 - Washington/Tyrrell County Sampler: Pettigrew State Park, Eastern 4-H Environmental Education Conference Center & Vernon James Research Station

Using back roads, country lanes and hiking trails, this trip offers a wide selection of habitats for birders to see Bald Eagle, Peregrine Falcon, Tundra Swan, Snow Geese, and other wintering waterfowl as well as sparrows and birds of the open fields. Pettigrew State Park, with its 3,878 acres of land around Lake Phelps and along the Scuppernon River, as well as the 16,600 acres of the lake itself will be the highlight. The park offers several trails that pass through cypress and hardwood forests before reaching overlooks to view Lake Phelps and observe wintering waterfowl. Woodpeckers, hawks and possibly a perched Peregrine Falcon might be seen from the trails and overlooks. Continuing on, the 4-H Center sits on the bank of the Albemarle Sound where scanning might produce additional wintering waterfowl. The Center has numerous paths and trails that cross both upland pine and hardwood forest as well as open fields and along tree lines – areas that provide a good opportunity to watch for wintering sparrows. This trip will be rounded out with a drive through the Vernon James Research Station to check the adjoining catfish ponds for a congregation of Bald Eagles that winter in the area.

Trips 10, 22 - Beaufort & Martin County Sampler: Goose Creek State Park, Stewart Parkway Riverwalk, Morningstar Nature Refuge

Goose Creek State Park is a haven for birds. Access to a variety of habitats, from brackish marsh and freshwater swamps, to open fields and mature mixed forest,

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Williamston Meeting Field Trip Descriptions (continued)

provides birders with opportunities to view a wide number of bird species in all seasons. Boardwalks provide up-close encounters with wetland birds. Barred Owl and Red-shouldered Hawk reside in the wooded swamps. A feeder station provides an easy way to view locally common species such as Brown-headed Nuthatch. Trails in upland mixed forest should produce Red-headed Woodpecker, and Golden-crowned Kinglets flit in the tree-tops in winter. Along the marshy creeks and rivers look for wintering waterfowl such as Lesser Scaup, Common Goldeneye or Red-breasted Merganser. Returning to Williamston, several additional Birding Trail sites will add interest to this trip. The Stewart Parkway Riverwalk follows the Pamlico River and begins at the NC Estuarium where participants may want to visit the exhibits if time allows. This quick stop will provide a view of the manmade wetlands and Castle Island on the river. Watch for rafts of waterfowl and grebes along the walk and possibly other surprises as well. The privately owned Morningstar Nature Refuge will surprise and inspire the naturalists in the group. Gail Roberson has created a charming habitat around her home as well as a delightful, small 10-acre refuge to attract and study birds and wildlife throughout the year. Trails in the refuge include one to an observatory overlooking the refuge and swamp, as well as a wetland walk bridge across the forested wetland swamp. This charming refuge will be a delightful end to a great day of birding.

Admission fee for optional NC Estuarium exhibit: \$3, payable on site

Morningstar Nature Refuge: Release form required for all participants – to be completed on site

Pocosin Lakes NWR (PLNWR) Series

Named for the Algonquian word meaning “swamp on a hill”, Pocosin Lakes is home to thousands of wintering waterfowl that graze farm fields by day and roost on lakes by night. The Pungo Unit of the refuge is the most reliable for waterfowl and is the refuge destination for this trip. During the winter months more than 80,000 Tundra Swan and Snow Goose can be seen leaving Pungo Lake in huge flocks at dawn and returning at dusk. Roads leading to the lake pass open fields and impoundments that provide opportunities to view foraging waterfowl and raptors. Canals lined with

shrubby vegetation along the roads are home to Wood Duck and sparrows. The observation tower on the lake is a good place to view the lake, although waterfowl are typically seen at a distance. The Pungo Unit is most productive in winter, and more than 200 species have been listed on the refuge at various times of the year. Black Bear can also be seen on the refuge, and Red Wolves have been reintroduced. Refuge staff will provide birders with information on waterfowl, management and the ecology of the refuge. We are pleased to report that the Pungo Unit of the refuge where field trips are scheduled was not significantly affected by this past summer’s wildfire.

Trips 11, 23 - PLNWR & Van Swamp Game Land

In conjunction with the refuge, the Van Swamp Game Land will provide another setting for birding a hardwood swamp forest and dense shrubland habitat that is virtually impenetrable on foot. Birding opportunities are therefore limited to the roads. Travel along the Game Land roads stopping at various locations to check for birds. Toward the end of the drive, thinned pine stands offer opportunities to bird in more open habitat. Northern Bobwhite, Brown-headed Nuthatch and others are possibilities in the Game Land.

NOTE: Trip 11 has a later departure time and will return after dark in order to see the geese returning to the refuge at sunset. Trip 23 has an EARLY departure to see the geese leaving the refuge and will return by late afternoon in time for the buffet dinner.

Trips 12, 24 - PLNWR & Rail Switch Nature Trail

In conjunction with the refuge, the Rail Switch Trail will provide a nice contrast with its urban setting along the Roanoke River in Plymouth. The trail is a little over 0.3 miles long and includes a walkable section adjacent to the Roanoke River with boardwalks and three observation decks. These areas provide excellent views of wooded and marshland habitats as well as the river itself. Rails, wading birds and wintering waterfowl are all possibilities on this trail.

NOTE: Trip 12 has a later departure time and will return after dark in order to see the geese returning to the refuge at sunset. Trip 24 has an EARLY departure to see the geese leaving the refuge and will return by late afternoon in time for the buffet dinner.

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Williamston Meeting Field Trip Descriptions (continued)

Trip 19 - Stewart Parkway Riverwalk & Morningstar Nature Refuge

The Riverwalk is a brick promenade that connects to a wooden boardwalk beginning at the NC Estuarium. The boardwalk extends east along the Pamlico River, past manmade wetlands with views of nearby Castle Island on the river. A variety of wetland associated species can be seen from the boardwalk. Watch for rafts of waterfowl and grebes. Bald Eagle may be spotted year round. Birders interested in visiting the Estuarium exhibit can pay the admission fee at the door. Continue the trip at the Morningstar Nature Refuge. This privately owned site consists of ten acres and offers nice opportunities for birding. The short trails, including one to an observatory overlooking the refuge and swamp, allow quick and easy access to wetland sites typical of eastern North Carolina. The wetland walk bridge across the forested wetland swamp is an especially good spot. Be on the lookout for Red-shouldered Hawks overhead and listen for the calls of the native Wood Duck. Birders will also enjoy pathways through the private herb, evergreen and perennial gardens to observe other wildlife, study the plant life and just relax in the lovely setting.

Admission fee for optional NC Estuarium exhibit: \$3, payable on site

Morningstar Nature Refuge: release form required for all participants – to be completed on site

Spouse/Companion trips

Trip A - Plymouth Museums and Lunch

When a quaint waterfront is mentioned in North Carolina, most of us think of coastal towns – few associate Plymouth with a maritime history, yet the Roanoke River and Plymouth have played a significant role in the history of North Carolina. The Roanoke River Lighthouse and Maritime Museum exhibits show the importance of Plymouth as a port town for schooners, steamboats and barges moving up river to Roanoke Rapids. The river lighthouse was one of several used for navigation along the river in the 1800s. Plymouth also played an important role in the Civil War, and the Port O'Plymouth Museum features the replica of a Civil War ironclad at dock in the Roanoke River. The

ironclad was designed as a ramming vessel to sink other vessels. God's Creation Wildlife Museum, with exhibits of animals from around the state and the world, will be an added bonus for the morning. This half-day excursion to explore Plymouth's museums and history will end with lunch on your own at a local restaurant. Those interested can continue to Edenton for the afternoon. Participants will carpool from the hotel in Williamston.

Cost: \$3/person/museum, payable on site.

Trip B - Edenton

Few North Carolina towns have more historical significance than Edenton, and much of that history remains with outstanding 18th century architecture in evidence at some of the states oldest homes and churches. The 1767 Chowan County courthouse, an original 1886 river lighthouse, and a site along the Maritime Underground Railroad offer many opportunities for a glimpse into the past. This excursion will begin at the Visitors Center for a short informational audio and a chance to review the exhibits. A guided trolley tour will provide a nice overview of Edenton and its rich history. The Arts Council exhibit and a visit to the historic Barker House will round out a relaxing and informative afternoon. Participants will continue the morning trip from Plymouth and drive directly to Edenton, or they can meet others at the Visitors Center in Edenton.

Cost: \$10/person for the trolley tour, payable on site.

Trip C – Martin County Historic Sites

This all day trip will be hosted by the Martin County Tourism Development Authority. Plan to relax, leave the driving to the TDA and enjoy the lovely scenery of this "inner banks" area while exploring the local history. This all day excursion will begin with a visit to Historic Hope Plantation for a look into the past. The plantation was home to Governor Stone and the complex offers unique insights into the late 18th and early 19th century rural life of eastern North Carolina. After lunch on your own at a local restaurant, the tour will continue with a driving tour of historic Hamilton. The excursion will end with a visit to the Fort Branch Civil War site along the Roanoke River before returning to

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Williamston Meeting Field Trip Descriptions (continued)

the hotel by mid to late afternoon. This excursion is sure to give participants a new awareness of our North Carolina heritage and entice them to return to further explore this region.

Cost: \$8/person to tour the Historic Hope Plantation homes, payable on site.

Bonus Trips

Bonus Trip BT1 – Howell Woods Environmental Learning Center

Just off I-95 in Four Oaks near Smithfield, Howell Woods will be a perfect place to take a driving break and stretch your legs with a little birding. This 2,856-acre property is actively managed for wildlife, conservation education and outdoor recreation. Birding will only be available around the visitor center for this visit but even that is a special treat at Howell Woods. In winter, sparrows are abundant and raptors might be seen overhead. The small pond may even have a few waterfowl to whet your appetite for the upcoming weekend.

Directions: From I-95, take exit 90 (US 701/NC 96). If coming from the south, turn left onto NC 96 and then almost immediately cross US 701 at the gas stations onto Devils Racetrack Road (SR 1009). Travel for 8.25 miles on Devils Racetrack to the Learning Center on the left. If coming from the north, turn right from the exit ramp, go over the bridge and turn left onto Devils Racetrack Road.

NOTE: Meet naturalist and manager Jamie Sasser at the Howell Woods Visitors Center at 9:30 AM for a 2-3 hour walk. Plan to bring your own snacks and water. Local restaurants are nearby or you can picnic at the visitors center.

Trip limit of 15 participants

Cost: \$5.00

Bonus Trip BT2 – Pea Island and Alligator River National Wildlife Refuges

Surely two of North Carolina's most popular refuges, this bonus trip will give folks an opportunity to begin their CBC weekend along the coast before heading to Williamston. Bordered on the west by Pamlico Sound

and on the east by the Atlantic Ocean, a winter's day at Pea Island is sure to provide an abundance of wintering waterfowl and wading birds. Scan the marshes for rails and the ocean for passing scoters, mergansers, loons and grebes. Continue the quest at Alligator River for raptors and the possibility of Black Bear on this 150,000-acre refuge. Both refuges are sure to hold a few surprises. If time allows, other local sites may be added to the day's itinerary.

Directions: From Nags Head, take Highway 12 south. Cross the Bonner Bridge and the visitor center will be approximately 3.75 miles on the right.

NOTE: Meet trip leader Jeff Lewis at the Pea Island Visitors Center on the Outer Banks at 8:00AM. A lunch stop is planned, but in winter many area restaurants are closed, so be sure to have snacks and drinks available as a back-up.

Trip limit of 15 participants

Cost \$5.00

Bonus Trip BT3 – Mattamuskeet NWR

Most birders from the Carolinas know Lake Mattamuskeet not only from the many stories about birds that have been seen there, but also by having visited themselves. This half-day bonus trip will be a perfect way to end our CBC weekend of birding. From the ducks and swans that can be seen across the lake from the causeway to the more isolated edges along some of the drives, the lake, impoundments, marsh and cypress forest all offer areas to explore and birds to see in the winter at Lake Mattamuskeet.

NOTE: Meet trip leader Kent Fiala at 7:00 AM at the Holiday Inn to travel to Lake Mattamuskeet. Trip will end no later than noon so those traveling long distances can reach home before too late in the day. Plan to provide your own snacks and drinks for the day.

Trip limit of 15 participants

Cost: \$5.00

Note on all field trips:

Space of all field trips is limited to ensure the highest quality birding experience possible for all participants. Early registration will provide you with the best opportunity to sign up for your preferred outings.

CBC Winter Meeting and Trip Registration Form

Name(s) _____

Address _____ City _____ State _____ Zip _____

Day Phone _____ Evening phone _____ Email _____

Winter 2009 Meeting

Meeting Registration (Member) _____ x \$15 = \$ _____

Meeting Registration (Non-member) _____ x \$20 = \$ _____

Saturday Buffet Dinner (each) _____ x \$20 = \$ _____

Trips 4 or 16 (Sylvan Heights) _____ x \$7.50 = \$ _____

*To pre-register for field trips, place the trip number(s) in the boxes to the right.

Total (meeting items above + bonus trips below) = \$ _____

Field Trip Sign-Up	A.M. 1st/2nd Choice	P.M. 1st/2nd Choice	All Day 1st/2nd Choice
Friday	/	/	/
Saturday	/	/	/
Companion Trips	Fri. _____	Sat. _____	

Club policy requires all field trip participants to comply with the field trip leader's assessment and requests concerning the physical ability of each participant to make or complete the trip. Meeting registration at the door costs \$25.

I release and discharge (and will not make a claim against) Carolina Bird Club for injury, death, or property damage arising from my participation at this meeting and/or Club field trips. This release of liability is entered into on behalf of all members of my family, including all minors accompanying me. I certify that I am the parent or legal guardian of any such minors and that I am over 18 years of age.

Signature _____ Date _____ Signature _____ Date _____

Make check payable to Carolina Bird Club and send to: CBC, 353 Montabello, Bloomingdale, IL 60108

☐ Please update my address or other contact information as listed above

Before sending in this form, check the web site to see if any of your trips are full, rescheduled, or cancelled.

CBC Bonus Field Trip Registration Form

Name(s) _____

Address _____ City _____ State _____ Zip _____

Day Phone _____ Evening phone _____ Email _____

I am enclosing \$ _____ for the following bonus field trips (You may write ONE check that includes both the bonus trips below and meeting registration fees noted above):

Bonus Trip BT1 – Howell Woods _____ x \$5 = \$ _____

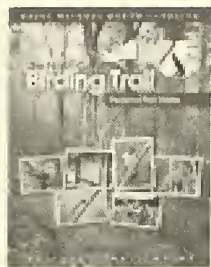
Bonus Trip BT2 – Pea Island and Alligator River NWR _____ x \$5 = \$ _____

Bonus Trip BT3 – Mattamuskeet NWR _____ x \$5 = \$ _____

Club policy requires all field trip participants to comply with the field trip leader's assessment and requests concerning the physical ability of each participant to make or complete the trip.

I release and discharge (and will not make a claim against) Carolina Bird Club for injury, death, or property damage arising from my participation at this meeting and/or Club field trips. This release of liability is entered into on behalf of all members of my family, including all minors accompanying me. I certify that I am the parent or legal guardian of any such minors and that I am over 18 years of age.

Signature _____ Date _____ Signature _____ Date _____



NC Birding Trail — Fall 2008 Update

Lena Gallitano



The NC Birding Trail (NCBT) partnership continues to make strides toward completing the third and final region of the Trail, which will also signify its completion, state-wide. Though our full-time coordinator, Salinda Bacheler, relocated to Oregon at the beginning of September, she continues to assist with the Mountain Region Trail Guide development, and with other aspects of the NCBT project, from there. Site narratives for the 105 sites in the mountain region were finalized at the end of October, and our design firm has recently begun the layout work. The site descriptions and maps should be posted on the NCBT Website (www.ncbirdingtrail.org) by February 2009. We anticipate having the spiral-bound trail guides available by early next summer, at which time we'll hold a Mountain Region Grand Opening Celebration. We'll continue to keep all our NCBT supporters updated as the time draws nearer.

The entire NCBT Steering Committee would like to express our thanks and gratitude to the Carolina Bird Club (CBC) for your continued organizational and financial support. The matching grant challenge CBC sponsored for the Piedmont Trail Guide series last year was a great success, and the pledged \$5,000 CBC donation for the Mountain Region Trail Guide will also be a great help toward meeting our publication funding needs. We continue to look for additional donation and sponsor support to fulfill all our funding requirements.

Both the Coast and Piedmont trail guides are available for the discount price of \$10 each at the North Carolina Wildlife Commission's NC Wild Store at <http://www.newildstore.com/birds.html>. Look for a review of the Piedmont Region Trail Guide in the next edition of the CBC Newsletter.

Williamston

(Continued from page 1)

Both researchers are sure to give us some clues on where to find Swainson's Warblers since they are one of the most secretive and least understood Neotropical migrant species of the southeastern United States.

On Friday night, the Martin County Tourism Development Authority will host a dessert reception at Moratoc Park prior to a talk by Refuge Biologist Jean Richter. Some of the highest bird diversity in North America is found in the bottomland hardwood forest communities of the southeastern U.S. The Roanoke River floodplain has been cited as having the largest, intact, least-disturbed bottomland forest on the mid-Atlantic coast. Its floodplain forests rival many of those found along the Atlantic coast and in the Mississippi Alluvial Valley. Jean will discuss the ecology that makes the Roanoke River an important place for birds along with past and present conservation efforts on the river.

The inclusion of trips for non-birding members and guests is a first for a CBC meeting, and we hope you will enjoy some of the offerings. Historic sites abound in the region, and non-birding spouses/companions have a special invitation from the towns of Plymouth,

Edenton and the Martin County Tourism Development Authority to participate in planned, guided outings. Destinations will include the beautiful reconstruction of the historic Roanoke River Lighthouse and Maritime Museum in Plymouth and a tour of historic Edenton. In Martin County, the Historic Hope Plantation, Fort Branch Civil War site and other hidden treasures will provide interesting excursions.

Those wishing to extend their time in the region will also find several bonus trips further east at Pea Island, Alligator River, and Lake Mattamuskeet, while those driving up I-95 may wish to stop at Howell Woods for a birding break along the way. Please note that participation on the bonus trips is not included in the meeting fee, and each carries a separate, but nominal fee. Registration for the bonus trips can be made on the enclosed form, and meeting registration is not required to participate.

With participant limits on all field trips, like the early bird getting the worm, early registration will give you the best chance for your first choice, so make your plans now, and we'll see you in Williamston!



A Birder's Book Review

Steve Shultz



Birds In Flight: The Art and Science of How Birds Fly

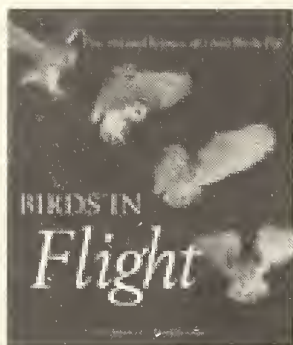
Carrol L. Henderson

ISBN 978-0760333921

Voyageur Press - 2008

160 pages, hardcover

List Price: \$25.00



Have you ever wondered how birds fly? I mean sure, they flap their wings and voila - flight! But how does it really work?

Why do loons often require long, awkward running takeoffs while a Ruffed Grouse can shoot straight into the air like a rocket? Does a Ruby-throated Hummingbird's wings work the same way as those of a Wandering Albatross? Carrol L. Henderson's *Birds In Flight: The Art and Science of How Birds Fly* endeavours to provide answers to these questions and more, while at the same time providing the reader with a look at the beauty of birds in flight as seen through the lens of a camera.

Written by Carrol Henderson, a Minnesota-based wildlife biologist, photographer of birds, leader of international birding trips, and author of several bird and conservation books, this work attempts to blend the natural elegance of birds in flight with enough information on aerodynamics and biometrics to explain the "whys" and "hows" of avian flight.

The first section of the book showcases some of the author's favorite photographs of flying birds. Species from across the globe are represented throughout the book's first fifty-three pages. The author describes many of the pictures in a casual, first person writing style that differs from many other texts on photography or flight. High quality photographs frequently cover all or most of the 10 inch by 9 inch pages, and even the casual browser leafing through the book will often stop to enjoy the artwork.

The book's remaining chapters cover the science of avian flight in lay terms. Diagrams blend with more photographs of birds to explain basic aerodynamic principles of lift, drag, weight and thrust. Once readers understand what forces are required to be in balance for a bird or an airplane to fly, concepts such as

angle of attack, stalling, wing loading, and aspect ratio are introduced. At this point in the book readers may understand that a loon has to embark on an ungainly running takeoff because these birds, due to the size and shape of their wings and body weight, experience high wing loading with a proportionally high amount of body weight supported by each square inch of wing area. Conversely, we discover that a Barn Swallow has more relative wing area to support its weight than a Turkey Vulture, explaining in part how these masters of the air can seem to fly almost without rest.

But understanding birds' flight abilities requires more than a review of simple aerodynamic properties. Chapters on feathers, bones, and wings discuss how various species of birds are adapted to particular types of flight. We can now see how a frigatebird soars for hours with barely a flick of its wings or how a grouse can lift directly into the air from a standing position.

Henderson next explores how flight initiates and terminates, with a look at the various ways birds begin flight and then stop by (usually) executing a controlled landing. Hummingbird fans may be especially pleased at the focus on describing how these birds' atypical flight differs from that of most other birds, and how a hummingbird can hover for extended periods of time and even fly backwards, something no other type of bird can do (at least in the absence of a rather significant headwind!).

While this book does not cover any new ground with regard to aerodynamics and avian flight, it does provide readers with a very attractive volume that might be just as at home on a coffee table as on a bookshelf. The photographs and page layouts are visually pleasing and the prose easy to read. The book does not go into great detail on the mathematical or scientific principles underlying aerodynamics, which can be both a benefit and a detriment. Casual readers can be comfortable in knowing that advanced degrees are not required to understand any of the information presented, while some students of flight might be left wanting additional detail. Overall, an attractive, easy to read book that revealed a couple of new bits of information and trivia to this reviewer.

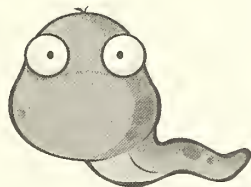
That's Not a Bird!

W.C. Stone of Chester, South Carolina writes of an interesting, if not necessarily invited, visitor to a back-yard feeding station: "Something interesting happened to me on July 30th. I got up that morning, went to the kitchen to start my morning coffee, and as usual, looked out the window at my four bird feeders. One had a "limb" hanging on it that didn't look right. On closer inspection it was a black snake! It had climbed up the tree about twenty feet, gone about fifteen feet out on a limb that hangs about over my deck and gone down the chain to the feeder. It did not move even though some birds came to the other side of the feeder from the side he hung on. I waited about twenty minutes for the snake to move, but it stayed still so I went out, caught it, and took it fifty yards or so toward the pond that is behind my house and let it go.

The next morning the snake was back in the same place, not moving but hanging on the feeder. I went out again, caught the snake, and took it about 300 yards on the other side of the house to a wooded location and let it go.

Friday was a clear day and no snake...but on Saturday it was back hanging on the feeder as before. I let him hang there while I got dressed and then caught it and took it three miles out Highway 97 south to an old cemetery where I let the snake go in some vines. I hope it is too far away for it to return!"

What is the most unusual visitor you've had in your yard? Write the Newsletter editor at: newsletter@carolinabirdclub.org



Carolina Birders Lose a Cherished Friend

Birders in the Carolinas and beyond lost a mentor, friend, and accomplished field naturalist with the passing of Columbia, South Carolina's Robin Carter on the morning of November 1, 2008.

Robin authored "Finding Birds in South Carolina", served on the South Carolina Records Committee, was a member of the Columbia Audubon Society and Friends of Congaree Swamp, and could often be found spending time providing a new visitor to the state, or a long-time resident interested in finding a particular bird, detailed information on where and when to best locate their quarry. Robin was especially interested in audio recording of bird calls and songs, and led a series of Dawn Chorus walks at Congaree National Park teaching others how to identify birds by sound. Members of the Carolinabirds mailing list followed the exploits of Robin and his wife Caroline Eastman as they explored birding sites around the Carolinas. Robin was especially known for his love of Congaree National Park and he spent many hours enjoying nature, birds, and sounds along the vast expanses of bottom-land forests near Columbia.

Do you have a particular memory of Robin that you would like to share? Please send a note to newsletter@carolinabirdclub.org. Submissions will be combined into a future Newsletter article.

Upcoming CBC Meetings

Clemson, SC Spring 2009
Hickory, NC Fall 2009

Welcome New Members!

The Carolina Bird Club warmly welcomes our newest members!

Ken Blankenship
Marietta, GA

Andrea Endrusick
Oxford, NC

Robert Howes
Chapel Hill, NC

Jerry Johnson
Mill Spring, NC

Marty McClelland
Debbie Reilly
Durham, NC

Carol Pahl
Ocracoke, NC

Jim & Kitty Parker
Summerville, SC

Ellen Sutliff
Wilmington, NC



Lynne Mattocks Lucas



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Submission deadlines are due the 1st of January, March, May,
July, September, and November.

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Membership dues of \$20 include \$4 for a subscription to *CBC Newsletter* and \$5 for a subscription to *The Chat*. Cost for CBC bird checklists, including postage: 10@\$2.50, 25@\$6, 50@\$11.75, 75@\$17.75, and 100@\$23.50. Submit application for membership, change of address, and payment for checklists to: CBC Headquarters Secretary, 6325 Falls of the Neuse Road, STE 9 PMB 150, Raleigh, NC 27615. Copyright © 2008. Printed on 100% recycled paper at Grass Roots Press.